## **April - Lesson Plan Grades 2-3**

# FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

#### **Objectives**

Identify pineapple and avocado by shape, color, and special characteristics.

Learn why pineapple and avocado are good snacks to eat.

#### **Supplies Needed**

April

Pick a **better** snack<sup>™</sup> & **Act** bingo card

2<sup>nd</sup> Grade: "Cali the Most Awesome Avocado Around" worksheet

3<sup>rd</sup> Grade: "Fruit Seeds are Surprising" worksheet

Grow It Up! Activity (optional)

### **Tasting Opportunities**

Featured Fruits: Pineapple Avocado

#### **Background**

**Pineapples** are native to South America where they are called "ananas." In 1493, Christopher Columbus found them growing on the island of Guadeloupe and brought them back to the Queen of Spain. The Spaniards called them "pina" because they looked like large pine cones. The English people added "apple" because they were big and juicy.

Pineapples do not grow in Iowa because it is too cold. They are grown in Hawaii, California and Florida. Most of the world's pineapples come from Thailand.

Pineapples grow on a large 2-3 foot plant. It has brownishyellow skin on the outside and bright yellow fruit inside.

We can eat pineapple fresh, dried or canned. Canned pineapple is available in slices, chunks, tidbits or crushed. They come packed in their own juice or in sweetened syrup. The fruit in its own juice is the healthier choice.

Pineapple contains vitamin C. Vitamin C helps heal cuts and bruises. Pineapple also contains fiber. Fiber helps move food through our bodies.

**Avocados** are native to Mexico. Most of the avocados we buy in the United States are grown in California. They also can be grown in Hawaii and Florida. Avocados do not grow in Iowa.

Avocados grow on large, dense evergreen trees that get to be 80 feet tall. Avocados have a dark greenish-brown skin, which is removed to eat the bright green, soft fruit inside. It has a large, round seed that can be planted inside the classroom to start a new plant.

Avocados grow on the evergreen trees until they are ready to be picked. Avocados are carefully placed in refrigerated trucks and transported to grocery stores. They ripen quickly

when transported with other fruit or in a warm truck.

Avocados contain fiber, vitamin C, vitamin E and almost

twice the amount of potassium as a banana.

**Web Site Resources** 

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org

www.choosemyplate.gov

www.fns.usda.gov/eatsmartplayhard

Do the Activity: 2<sup>nd</sup> Grade

Distribute the "Cali the Most Awesome Avocado Around"

worksheet to the students.

3<sup>rd</sup> Grade

Bring an avocado seed and seeds from 3 other fruits to class. (Examples: orange seed, grapefruit seed, apple seed, mango seed, etc.) Give each student a "Fruit Seeds are Surprising" worksheet. Divide the class into 4 groups. Give one seed to each group. Each group will record the

observations of their seed on the worksheet. When complete, each group will pass their seed to the group on their right.



# Talk It Over: 2<sup>nd</sup> Grade

Review the avocado's trip from the grove to our tables. (Avocados grow on trees; they are carefully placed in a truck and taken to a packing plant; the avocados are gently placed in boxes at the packing plant; the boxes of avocados are taken to the grocery store; and we buy the avocados at the grocery store and eat them at home.)

What color are avocados? (dark greenish-brown skin)

#### 2<sup>nd</sup> and 3<sup>rd</sup> Grade:

How many of you have eaten avocados?

How many of you have eaten guacamole that is made from

the mashed avocado?

What does an avocado taste like? (soft and buttery)

How many of you have eaten pineapple?

What does a fresh pineapple look like? (brownish-yellow, scaly skin on the outside: green, spiky leaves on the top).

How many of you have eaten canned pineapple?

Why is it good to eat avocados and pineapple? (They contain vitamin C to help cuts and bruises heal. Avocados have a lot of potassium and pineapple is high in fiber.)

#### 3rd Grade

How are avocado seeds different from other fruit seeds? (size, shape, color, etc)

## **Apply:**

When might you eat a pineapple? (for breakfast, lunch, snack, in a salad, anytime) There are many ways to eat pineapple. Raise your hand if you have eaten a pineapple in any of the following ways:

In a fruit salad In a smoothie In muffins On a pizza

There are many ways to eat an avocado. Raise your hand if you have eaten an avocado in any of the following ways:

As a dip with Mexican foods (guacamole)

Sliced on a sandwich

On a salad

Can you think of other ways to eat a pineapple or avocado?







Tasting
Opportunity

Have students wash their hands. Cut up the pineapple for the students to sample.

Peel and cut an avocado for the students to sample. They can then put an "X" through the bingo square of the fruit that they sampled.

How would you get a pineapple ready to eat as a snack? Pineapple – **Wash. Peel. Eat. (How easy is that?)** 

How would you get an avocado ready for a snack?

Avocado – Wash. Peel. Eat. (How easy is that?)

On the back of the Pick a **better** snack<sup>™</sup> & **Act** bingo card for each month, there is information for their parents and grandparents. Take the bingo card home and have your family pick out a snack idea to try at home.

## **Extend the Activity**



Art, Music & PE

Cut an avocado in half and use dried pineapple chunks and avocado halves to paint a picture using the "sponge" method.



Language Arts & Reading

After researching the climates in Social Studies activity, make an acronym with the words PINEAPPLE and AVOCADO that describe the climate/location they are grown in.



Math

Compare the sizes of an avocado to a pineapple. How many avocados does it take to match the size of a pineapple?



Science & Health

Make some guacamole as a class project and eat a snack of baked tortilla chips and dip.

Grow an avocado plant. See attached "Grow it Up!" worksheet.





**Social Studies** 

Research and answer "What makes the climate good for growing pineapple? Avocado?"





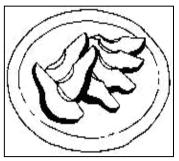


## Cali, the Most Awesome Avocado Around



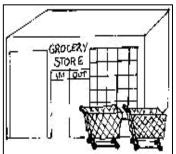


Number the pictures in the order they happen. Write sentences describing the picture in the blanks provided using first, next and last.

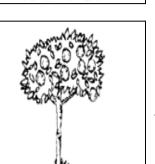








Iowa Nutrition Network



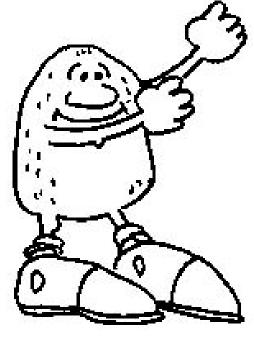
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Source: California Avocado Commission

lowans Fit for Life



# Fruit Seeds Are Surprising



## Cali and His Friend

	How Big is It?	What Fruit Grows From It?
Seed 1		
Seed 2		
Seed 3		
Seed 4		

They start small and end as big trees. For each seed, write or draw how big it is and guess what kind of fruit tree will grow from it.

Source: California Avocado Commission





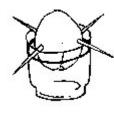


## Grow it Up!



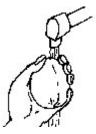
# Part I. Growing your own avocado plant is fun and easy!

Just follow the directions below.

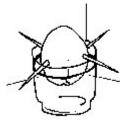


3

Use the toothpicks to hold the avocado seed over a glass of water. The water should cover 1/2 inch of the seed at all times.

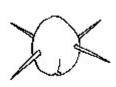


1 Wash an avocado seed.

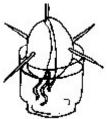


4

Put the glass in a warm place, not in direct sunlight.



2 Stick two toothpicks into each flat side of the seed.



5

The seed will crack as roots and stem sprout in 2-6 weeks.

Part II. Record what you see each week on the chart below.

	Week 1	Week 2	Week 3
<b>Avocado</b> Size What we saw			
	Week 4	Week 5	Week 6
<b>Avocado</b> Size What we saw			

Source: California Avocado Commission



